NAVY
FITNESS
STAY HEALTHY • STAY FIT • STAY NAVY

24 WEEKS TO SUCCESS TRI-SERIES

NAVY FITNESS

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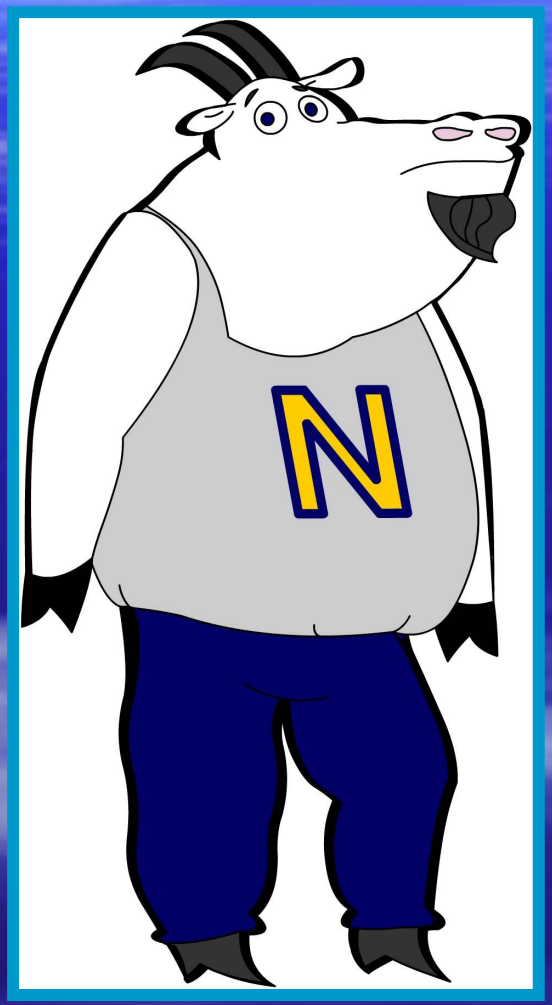
EXERCISE YOUR OPTIONS

Keeping The Sailor Fit



- **The typical stereotype of a military person being in perfect shape is no longer easy to achieve due to modern convenience and sedentary job responsibilities.**

Medical Cost Issues

- Obesity contributes to higher cost increases for health care services and medications than do either smoking or prob

RAND Study Released Tuesday, March 12, 2002

Health Care Cost and The Navy

- As we become more out of shape and obese the average health care cost of a Sailor is becoming higher. This affects Uncle Sam's pocket book pretty hard.

“The farthest I’ll ever have to run is a 1000 feet”

- In an emergency situation Sailors need to be able to handle the extra stress placed upon their bodies.
- Even though 1000 feet is the farthest that someone would have to run on a ship they will have to be able to perform a task once they get to their station.
- Being out of breath after a 1000 foot run does not help anyone if you are needed to perform a valuable task.
- This is why fitness is so important in an emergency situation.

Can We Fix It?

I'M SICK AND TIRED OF YOU KIDS JUST LAYING AROUND ON YOUR LAZY BEHINDS. FOR HEAVEN'S SAKE, GO OUTSIDE, AND GET SOME EXERCISE!
CHIPS
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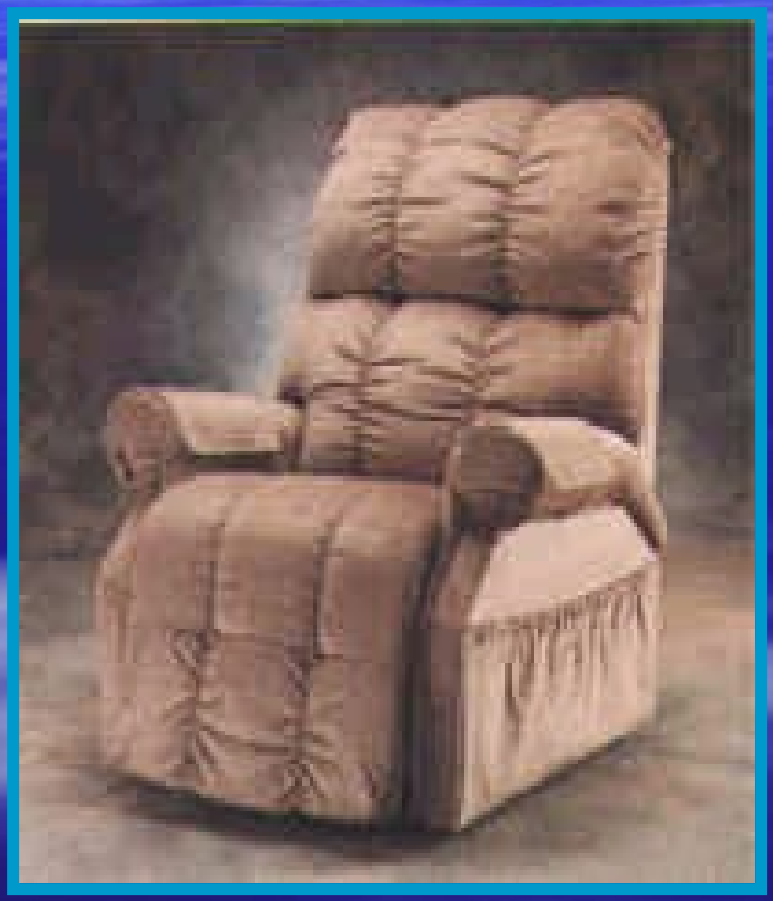
- There is an approximate doubling in risk of coronary heart disease when least active individuals are compared with their most active peers.
- A substantial part of the age-related decline in functional capabilities is not due to aging but to decreased and insufficient physical activity.

Can We Fix It?



- We need to help Sailors develop programs that assist them in meeting the Navy's Standards for fitness.
- We can not expect three days a week for one hour to change a way someone lives their life.

Yes, We Can!

- FEP (Fitness Enhancement Program) programs need to be planned out in advanced and have a definite goal.
- Without a plan you are just setting the Sailor up to fail another PRT.

What Can We Do?

- Education
  - Educating the Sailor about fitness and how to workout properly is one of the biggest factors in their fitness progress.
  - By developing programs that demonstrate and inform the Sailor about fitness we are preparing them to develop a successful fitness routine.

24 Weeks To Success Tri-Series

- The 24 Weeks to Success Tri-Series was developed to assist the Sailor in meeting the Navy's Physical Fitness Standards and promote a lifestyle of fitness. Each program in the tri-series is catered to a different level of fitness.

Training Programs

- Over the next few slides we will take you step by step how use the 24 Week Tri Series at your facility to assist the Sailor in achieving their fitness goals.

24 Weeks To Success Tri-Series

- 24 Weeks to Success is the title of the series of programs. This does not mean the Sailor has to do the entire 24 week program to see results.

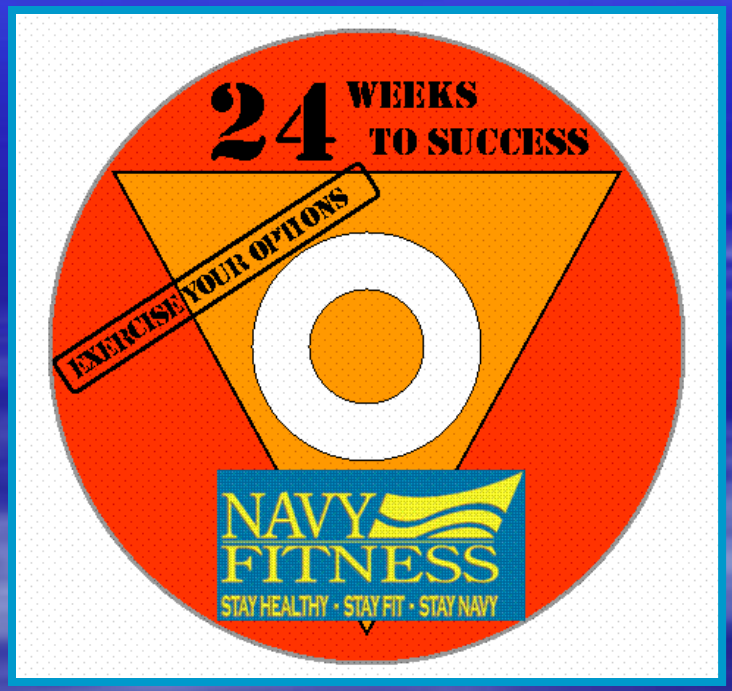
- 24 weeks stands for the amount of time a Sailor has to prepare for the next PRT.

24 Weeks To Success Tri-Series Outcomes

- Bring the Sailor back to a fitness level that will meet the Navy standard.
- Demonstrate to the Sailor how to use progression and overload to enhance current fitness levels.
- Make the sailor self sufficient in their training programs.

24 Weeks to Success

- 24 Weeks to Success
  - **24 Week Comprehensive Fitness Enhancement Program**
  - **Internet explorer based**
  - **Printable logs and charts**



24 Weeks to Success

- 24 Weeks to success focuses directly on bringing a Sailor back into standards.

- Each workout is specifically geared towards improving the Sailors current score on the PRT.
- Program focuses on strength, endurance, flexibility, and nutrition

24 Weeks to Success

- Program is broken up into 3 eight week training cycles.
- Each cycle builds upon itself by using Periodization.
- At the end of each eight week cycle all components of the PRT are tested to see if improvement has occurred.

24 Weeks to Success

- The program prepares the participant for the PRT much like an athlete prepares for an upcoming season or specific event.

- By the end of the “24 Weeks” the participant should be in peak physical condition and be able to pass all parts the PFA.

24 Weeks to Success

- Sailor can start the program at any time.
- Does not need the entire 24 weeks to make improvements.
- If a sailor comes to you 8 weeks before the PRT and wants a program use the first eight week training cycle as the program.

24 Weeks to Success Components

- Active Warm Up
- Basic Strength Workouts
- Progressive Cardiovascular Workouts
- General Nutritional Information and self monitoring

24 WEEKS
TO SUCCESS
EXERCISE YOUR OPTIONS
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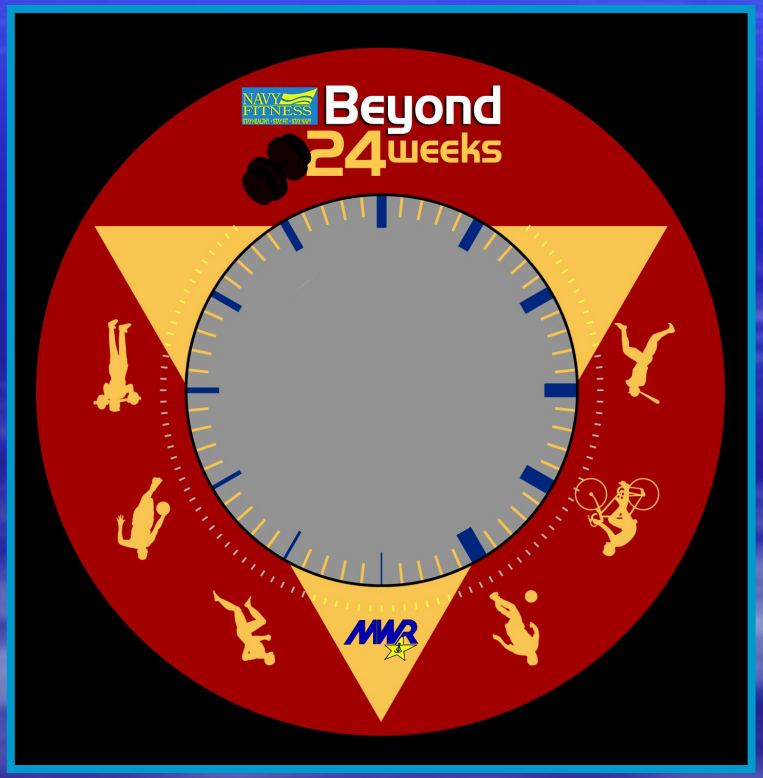
Beyond 24 Weeks

- Beyond 24 Weeks
  - **16 Week Fitness Maintenance Program**
  - **Internet explorer based**
  - **Printable logs and charts**



Beyond 24 Weeks

- “Beyond 24 Weeks” is a 16 week fitness maintenance program.
- Specifically geared towards those individuals looking to maintain their fitness levels or even improve on them.
- Geared towards maintaining a lifetime fitness program rather than just passing the PRT.

Beyond 24 Weeks

- Broken up into Four 4-week training cycles
- Each cycle builds on each other using periodization.

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Beyond
24 weeks
MWR

Beyond 24 Weeks Advanced

- **Beyond 24 Weeks Advanced**
  - **16 Week Advanced Training Program**
  - **Internet explorer based**
  - **Printable logs and charts**

Beyond 24 Weeks - advanced

- “Beyond 24 Weeks-Advanced” is a 16 week fitness improvement program.
- Geared specifically for those individuals wanting to take their fitness to the next level.
- Broken up into four 4-week training cycles to prevent staleness in the workout.
- Most challenging of all three workouts in the series.
- Not for beginners !

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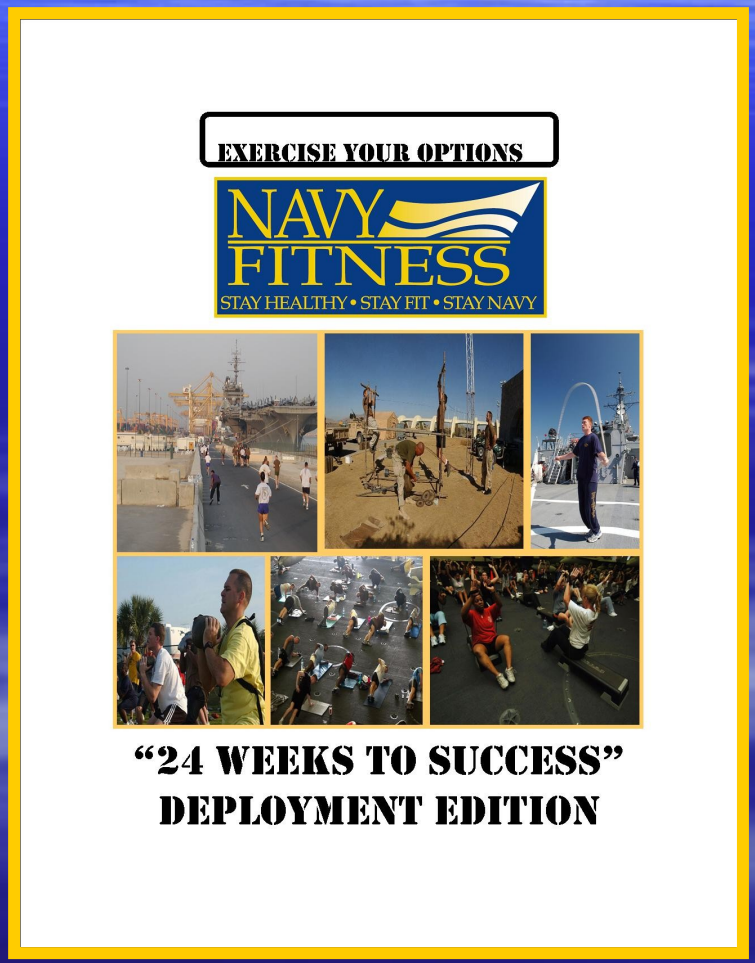
Beyond
24 weeks
ADVANCED

24 Weeks to Success Deployment Edition

- **24 Weeks To Success Deployment Edition**
  - **Written specifically for the deployed sailor**
  - **Gives workout options when equipment is limited.**



24 Weeks to Success Deployment Edition

- **Gives workout options to Sailors on deployment who do not have adequate or limited fitness equipment to workout on.**

- **Also gives Sailors options to workout options when they can not make it to the fitness center on a daily basis.**

24 Weeks to Success Deployment Edition Components

- **Confined Space Warm Up**
- **Strength Workouts using Navy Fitness Deployment Kit**
  - **Uses body weight and rubber tubing for resistance**
  - **Printable Workout Sheets**
- **Cardiovascular Training**
  - **Printable daily workout calendar**
  - **Cross Trainer Workouts**
  - **Bike Workouts**
  - **PRT Run Split Times**

Can We Win The Fitness Battle?

- Yes we can but there is a long road ahead of us.
- Education and consistency in our information is the number one factor that will assist our sailors.
- Amazing how many people do not know how to workout properly or to workout towards a goal.
- Proper planning is the key to success. Just blindly working out does not help in your fitness endeavors. You must have a mapped out plan to get from point A to B.

Can We Win The Fitness Battle?

- By offering properly developed programs hopefully we will be slowly educating those individuals that have a weak background in fitness.
- Personally training everyone that needs help in the Navy is nearly impossible.
- We need to establish ways that we can reach the masses rather than the few.
- In the end we want to make our Sailors self efficient in their fitness endeavors not reliant on another person for assisting in maintaining their present fitness levels.

FAILURE IS NOT AN OPTION!!

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